

How Nature and Movement Can Impact Educator and Student Wellness



Introductions




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Let's help our students and ourselves!

Benefits of spending time outdoors.

Mental *and* Physical Benefits

Wakes Up The Brain

Relieves Stress

Lowers Mortality

Better Sleep

Lower Blood Pressure

More Exercise

Reduced Risk of Chronic Disease

“Exposure to green space results in mental restoration and increased **positive emotions** and decreased anxiety and rumination. Improved mindfulness can result from exposure to green space as well.”
Heather Eliassen-Harvard
School of Public Health

<https://hsph.harvard.edu/news/time-spent-in-nature-can-boost-physical-and-mental-well-being/>



School in Fiji- Songs, Dance, Poems,
Socialize, Exercise, Learn

***Who says you can't
have your class
outside?***

“Spending time
outdoors is
rejuvenating, calming,
centering, and **can
really improve outlook,**”
Dr. Eliassen





"Involve all of your senses: look at something around you that you find beautiful, touch things to get the texture, listen to sounds, pay attention to a breeze on your face, smell a flower or a campfire," Dr. Aimee Daramus, PsyD

Let's Bring Your Classroom **Outside!**

Find a space! *Look around for your assets!* What space do you have? Be creative!

Get a GRANT!

What subjects can you teach in the outdoors? Students need real life applications!

Plants, Birds, Science, Biology, Weather, Math, Reading, Writing, Art, Astronomy, Physical Education, Health, Languages, Self Confidence, Team Work, Stewardship, Navigation, Kindness, Cooperation, Outdoor Recreation, Music, Resilience, etc.

The options are endless!

Think ***outside*** the box!

Physical Education is learning physical movement skills and the science behind the movement.

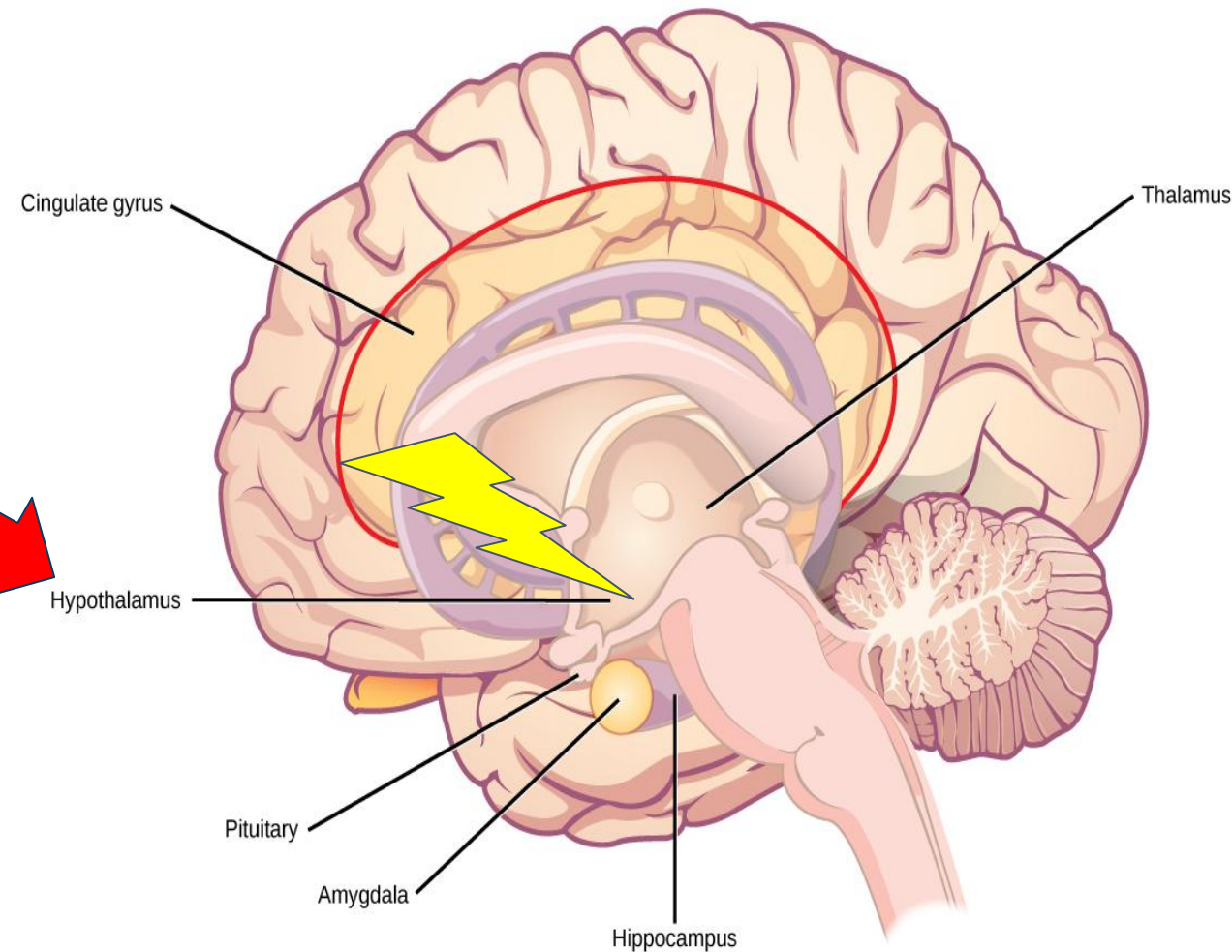
Physical activity is voluntary movement with the expenditure of energy/calories.



The part of the brain that processes movement is the **same** part that processes things like learning (Steven-Smith, 2016b; Stevens-Smith, 2016a).

In fact, according to Steven-Smith (2016b), the part of the brain that lights up when a child moves is the same part of the brain that lights up when they read or work on math.

Sensorimotor processes and cognitive processes are very intertwined (Chandler & Tricot, 2014)





More than just exercise!

Physical Education

UTAH CORE STANDARDS

uen UTAH EDUCATION NETWORK



Physical Activity During the Day



First Edition



Physical Activity Before and After School



Staff Involvement



Yoga cards
for
classroom
teachers



Family and Community Engagement



R277-491. School Community Councils



Evaluation





Youth Engagement Grants from the Division of Outdoor Recreation



Outdoor Classroom Grant

Awards up to \$15,000 to community-based non-profit organizations or publicly funded K-12 schools to help create outdoor classrooms— to learn, gain a skill, and enjoy the outdoors!



Activities Eligible for UCORE Grants

Nature Discovery

- Bird Watching
- Nature Study
 - (including scientific-oriented activities)
- Outdoor Stewardship activities
- Planting seeds
- Wildlife Viewing
- Wildlife Photography

Trail Activities

- Backpacking
- Bike Riding (all types)
- Equestrian (trail)
- Hiking
- OHV riding
- Trail running

Winter Sports

- Outdoor skating
- Skiing (all types)
- Snowboarding
- Snowmobiling

Outdoor Adventures

- Outdoor adventure challenge course
- Camping
- Canyoneering/rappelling
- Climbing (all types)
- Navigation and/or geocaching
- Shooting sports
(archery, target shooting, biathlon)
- Skateboarding
- Slacklining
- Outdoor yoga

Water Sports

- Boating (motorized)
- Canoeing/kayaking/
rafting
- Fishing (all types)
- Sailing
- Snorkeling/scuba
diving
- Stand-up
paddleboarding
- Outdoor swimming

Eligible Costs

Full-time and seasonal staffing payroll

Transportation fuel costs for staff travel, rental/charter fees for busses or vans, purchase of trailers and bike racks

Fabrication of educational materials: printing brochures, workbooks and maps

Food for volunteers and program participants

Lodging costs for student participants

Insurance coverage for staff and/org participants

Entry fees for field trips and education-based events

Scholarships for underserved/underrepresented youth

SWAG/incentive items for volunteers and participants

Program equipment outdoor specific gear, first aid kits, safety equipment

Ineligible Costs

Physical infrastructure. If your program needs outdoor classroom space or pavilion, please refer to the Outdoor Classroom grant available during the Spring

Related costs for out-of-state travel. All travel must be within Utah state boundaries

Printing of marketing materials and material design costs

Meal reimbursements for staff
Lodging costs for staff

Facility rental, utilities or costs associated with a program's physical meeting space

Staff trainings

Let's Talk Matching

UCORE's match is 20%, some of which needs to be cash

This means that you are required to contribute 20% of the total project cost, and UCORE will provide 80%

**In-kind: donation of goods or services
le: local gear shop donates backpacks or binoculars**

Cash: other grants, private donations, funding from your org

If applicants cannot come up with the matching dollars, please include the reasoning and the benefits this funding will have to underrepresented communities

Thank you!

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Resources

Board Rules, Policies, Law, Core Standards, Recess Info, Adapted PE, Athletics, Endorsement Info, Graduation Requirements,

<https://www.schools.utah.gov/curr/pe>

Utah Department of Natural Resources

Division of Outdoor Recreation

Every Kid Outdoors

<https://recreation.utah.gov/eko/>